

ABSTRACT OF THE DISCLOSURE

A yieldable prop having a first end and a second end including a first hollow conduit, a second conduit slidably received in the first hollow conduit, a clamp assembly positioned adjacent to the first hollow conduit and the second conduit, a ring positioned around the first hollow conduit, and at least one handle connected to the first hollow conduit and the ring. The clamp assembly includes a housing and a wedge. The prop further includes a bearing plate positioned at the first end of the yieldable prop, wherein the bearing plate is selected from a shape comprising planar and volcano.